

# Cabbage Roll Casserole

**Makes:** 8 Servings

## Ingredients

**1/2 pound** ground beef (90% lean)  
**1** onion (chopped)  
**1** garlic clove (minced)  
**1 can** diced tomatoes, low-sodium (16 ounces)  
**1 cup** tomato sauce (or tomato juice)  
**1 1/2 cups** water  
**1/4 cup** minute rice  
**1** cabbage head (small to medium, chopped in bite-sized pieces)

## Directions

1. Brown ground beef in a skillet with onion and garlic. Drain off any fat.
2. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), and cabbage. Cook until cabbage is almost tender.
3. Add minute rice and cook five minutes longer. Serve.